

OSHA 10-Hour Construction Agenda – Video Conference

This 10-hour training program is primarily intended for entry level construction workers and provides an overview of the hazards a worker may encounter on a job site. Training emphasizes hazard identification, avoidance, control and prevention, not OSHA standards.

Length of topics and break schedule may vary.

Day 1

Time –P.M.	Length of Topic	Topic
1 - 1:30 p.m.		Administrative
1:30 - 2 p.m.	1 hour	Introduction to OSHA
2:30 - 3:15 p.m.	45 minutes	Focus Four: Struck-by Hazards
3:15 - 3:30 p.m.		Break – 15 minutes
3:30 - 4:15 p.m.	45 minutes	Focus Four: Caught-in-Between Hazards
4:15 - 5:15 p.m.	1 hour	Focus Four: Electrical Hazards
	3.5 total hours	Day Ends

Day 2

Time –P.M.	Length of Topic	Topic
1 - 1:30 p.m.		Administrative
1:30 - 3 p.m.	1.5 hours	Focus Four: Fall Hazards
3 - 3:30 p.m.	30 minutes	Personal Protective Equipment
3:30 - 3:45 p.m.		Break – 15 minutes
3:45 - 4:30 p.m.	45 minutes	Health Hazards in Construction
4:30 - 5:15 p.m.	45 minutes	Materials Handling, Storage, Use and Disposal
	3.5 total hours	Day Ends

Day 3

Time –P.M.	Length of Topic	Topic
1-- 1:30 p.m.		Administrative
1:30 - 2:15 p.m.	45 minutes	Excavations
2:15 - 2:45 p.m.	30 minutes	Tools - Hand and Power
2:45 - 3:30 p.m.	45 minutes	Stairways and Ladders
3:30 - 3:45 p.m.		Break – 15 minutes
3:45 - 4:45 p.m.	1 hour	Scaffolds
	3 total hours	Day Ends